

Policy on

# Concussion Procedure and Protocol

In November of 2012, Eastern Pennsylvania Youth Soccer's Board of Directors passed a policy endorsing the Commonwealth of Pennsylvania Act 101, known as the "Safety In Youth Sports Act." The Policy on Concussion Procedure and Protocol mandates concussion education for everyone involved in our sport, including parents and players. This policy also mandates certification for all coaches. In addition all member organizations must annually certify that they are compliant with the policy. It is aimed at educating and protecting our young athletes from the effects of traumatic brain injury. Concussions are brain injuries and have been largely mistreated and misdiagnosed for many years. Does your club follow this mandate? Make sure your coach and parents are educated.

## Step 1:

### *Did a concussion occur?*

Evaluate the player and note if any of the following signs and/or symptoms are present:

- 1 Dazed look or confusion about what happened
- 2 Memory difficulties
- 3 Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitive to sounds
- 4 Short attention span; can't keep focused
- 5 Slow reaction time, slurred speech, bodily movements are lagging; fatigue, and slowly answer questions or has difficulty answering questions
- 6 Abnormal physical and/or mental behavior
- 7 Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time

## Step 2:

### *Is emergency treatment needed?*

This would include the following scenarios:

- 1 Spine or neck injury or pain
- 2 Behavior patterns change, unable to recognize people/places, less responsive than usual
- 3 Loss of consciousness
- 4 Headaches that worsen
- 5 Seizures
- 6 Very drowsy, can't be awakened
- 7 Repeated vomiting
- 8 Increasing confusion or irritability
- 9 Weakness, numbness in arms and legs

## Step 3:

### *If a possible concussion occurred, but no emergency treatment is needed, what should be done now?*

Focus on these areas every 5 to 10 min for the next 1 to 2 hours, without returning to any activities:

- 1 Balance, movement
- 2 Speech
- 3 Memory, instructions, and responses
- 4 Attention on topics, details, confusion, ability to concentrate

- 5 State of consciousness
- 6 Mood, behavior, and personality
- 7 Headache or "pressure" in head
- 8 Nausea or vomiting
- 9 Sensitivity to light and noise

Players shall not re-enter competition, training, or partake in any activities for at least 24 hours. Even if there are no signs or symptoms after 15 to 20 min, activity should not be taken by the player.

## Step 4:

***A player diagnosed with a possible concussion may return to play only after release from a medical doctor or doctor of osteopathy specializing in concussion treatment and management.***

## Step 5:

***If there is a possibility of a concussion, do the following:***

- 1 The Concussion Notification Form is to be filled out in duplicate and signed by a team official of the player's team.
- 2 If the player is able to do so, have the player sign and date the Form. If the player is not able to sign, note on the player's signature line "unavailable."
- 3 If a parent/legal guardian of the player is present, have the parent/legal guardian sign and date the Form, and give the parent/legal guardian one of the copies of the completed Form. If the parent/legal guardian is not present, then the team official is responsible for notifying the parent/legal guardian ASAP by phone or email and then submitting the Form to the parent/legal guardian by email or mail. When the parent/legal guardian is not present, the team official must make a record of how and when the parent/legal guardian was notified. The notification will include a request for the parent/legal guardian to provide confirmation and completion of the Concussion Notification Form whether in writing or electronically.
- 4 The team official must also get the player's pass from the referee, and attach it to the copy of the Form retained by the team.

***For more information on concussion management, visit [EPYSA.org](http://EPYSA.org)***